

### **ABSTRACT OF THE DISCLOSURE**

In the combination of a frame guard device and the frame of a window or door, wherein the window or door is fitted in a wall having an exterior wall layer with a sill, the frame has a lower horizontal member adjacent the sill. The device has a base extending from the lower horizontal member of the frame and a compressive member extending from the base, and the compressive member has a datum surface disposed between the lower horizontal member of the frame and the sill. The distance between the base and the datum surface defines a force-absorbing zone.